

Original Article

A study to assess depression among elderly people residing at selected rural community area Indore, M.P.

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Abstract

The descriptive quantitative study was conducted to assess the depression among elderly people. Objective of study were to assess the level of depression among elderly population, to find out the association between depression and demographic variables, to develop an informational pamphlet on management of depression. The study conducted with the non-experimental quantitative research approach with convenient sample technique. The data in the above table shows that in the rural community about 27% of the elderly people are having no depression, whereas 17% of the elderly people are having mild depression, 4% of the elderly people are having moderate depression and 2% of the elderly people are having severe depression in the selected rural community. The findings of the studies shows that 54% elderly have no depression 34% have mild depression, 8% have moderate depression and 4% have severe depression.

Keywords: Depression, association, level, variables

1 Introduction

Ageing is inevitable. It is irreversible, progressive and is associated with decline in functions. The individual gradually becomes dependent physically, functionally, socially and economically [1]. Elders usually exhibit multiple health problems with complex interactions. The world elderly population in the last 50 years from 1950 to 2000 had increased from 8 to 9.9 percent of total population [2]. The geriatric population at present is 30.2 percent of total population. The proportion of elderly population is expected to increase from 9.5 percent in 1955 to 14.6 percent in 2025. Of these more than fifty percent of them would be living in developing countries [3]. It is estimated that by the year 2020, 700 million elderly will be in developing countries, currently there would be around 671 million elderly in the world. It is also projected that by 2020 the Japanese population will be the oldest in the world with 31 % over 60 years of age followed by Italy, Greece and Switzerland [4].

India is one of the South East Asian countries, in India by the year 2001 there were around 76 million elderly people, who constituted seven point seven percent of the country's population. Currently there is 9.8 percent elderly people in the country. It is expected to increase further to fourteen percent by 2025. In Karnataka out of population of 5.5 crores eighteen percent are elderly citizens [5].

Depression is the most common disturbance of mood experienced by elderly. It is a pathological mood disturbance characterized by feelings, attitudes and beliefs the person has about self and his environment, such as pessimism, Hopelessness Helplessness, low self esteem and a guilt feeling [6].

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2 Objectives

1. To assess the level of depression among elderly population.
2. To find out the association between depression and demographic variables.
3. To develop an informational pamphlet on management of depression.

3 Research Methodology

Research Design: Descriptive research design was used in the present study to assess the depression among elderly people.

Setting of the Study: The research was conducted in selected community area of Indore, Mangaliya which is 25 K.M away from Indore...

Sample Techniques: - The convenient sample technique was used to select the samples.

Sampling Criteria: The criteria for sample are mainly depicted under two headings which includes "inclusive criteria" and "exclusive criteria".

Inclusive Criteria

Elderly people who were

- Residing in the mangaliya village community.
- 60 years of age and above.
- Willing to participate in the study.
- Available during the period of data collection.

Exclusive Criteria

Elderly people who were

- Below the age of 60 years.
- Not willing to participate in the study...

Descriptive of Tools: The tools comprised of section as described below

Section A: Demographic Variables: - It consists of socio demographic variable of elderly people residing in selected community such as age, sex, marital status, type of family, education, occupation, source of income, habit, health problem.

Section B: Structured Rating Scale: - It consists of structural rating scale based strokes and Gordon stress scale consists of 38 items pertaining to depression among elderly people.

4 Data Collection Procedure

- Data Collection is the Gathering of information needed to address a research problem.
- Total 50 samples of elderly people were selected by for the study. The actual data collection period was 7/3/2015 to 17/3/2016.
- Prior to the data collection verbal consent was obtained from the respondents elderly people who met the inclusive and exclusive criteria were assigned for the study group (N=50).
- The investigator introduced self to the samples and the purpose of the study was explained to ensure the better co-operation during the data collection period. Approximately 15-20 minutes have taken complete respond with the rating scale.

5 Data Analysis & Interpretation

Data analysis is the systemic organization and synthesis of research data and testing of null hypothesis by using the obtaining data.

The collected data were organized, tabulated and analyzed on the objectives of the study. The data obtained from 50 elderly people residing in the mangaliya were analyzed by inferential and descriptive statistic as follows:

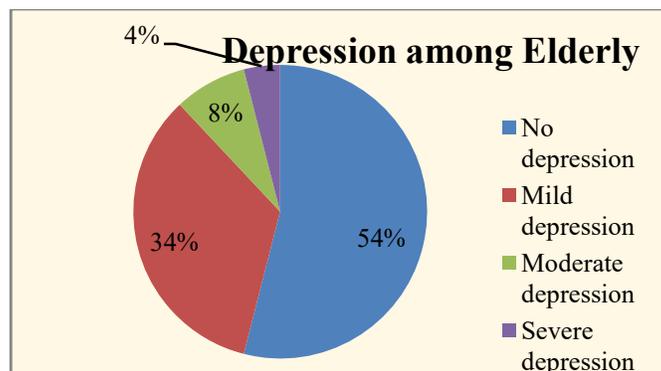
- Organized data in master sheet.
- Frequencies and percentage for the analysis of demographic.
- Mean and standard deviation of scores.

Table 1: Frequency and percentage distribution of depression among elderly people residing at selected rural community (N=50)

Depression	Frequency (f)	Percentage (%)
No depression	27	54%
Mild depression	17	34%
Moderate depression	04	8%
Severe depression	02	4%

The data in the above table shows that in the rural community about 27(%) of the elderly people are having no depression, whereas 17(%) of the elderly people are

having mild depression, 04(%) of the elderly people are having moderate depression and 02(%) of the elderly people are having severe depression in the selected rural community.



***Significant at P< 0.05 level**

df(6),12.59,p<0.05 ,df(12),21.03,p<0.05

The association of the depression among elderly people residing in rural community with demographic variable in relation to age, gender, marital status, type of family, education, source of income, habits, and health problems. The chi-square value obtained are 11.5, 1.87, 0.48, 3.48, 14.9, 2.66 so the demographic variables age, gender, education, occupation, source of income and health problems have no significant association with the depression in elderly people whereas marital status, type of family and habits has significant association with depression with chi-square value 27.7, 24.4 and 29.0 were found to be significant.

6 Summary

This chapter deals with the analysis and interpretation of data collection from total 50 elderly people residing at mangaliya village of Indore to assess the depression in elderly people. The findings of the studies shows that 54% elderly have no depression 34% have mild depression, 8% have moderate depression and 4% have severe depression.

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